Muscles May Be Developed and the Whole Body Strengtheasd by Proper Methods of Breathing, Standing and

8 A short, slender young man walked into the New York Sun office the other day and said he wanted to talk to somebody about Syndismiology. He prononneed this remarkable word without apparent effort, and after he had written it out so that the reporter could see it he leaned against the wall and said it meant a system of muscular development. The young man had invented the system and the word to name it also, According to his theories a great number of people are making mistakes in exercising in gymnasiums and undertaking athletic training generally for the sake of health. Further, every man has a capacity for muscular strength double that which he actually uses. The world brought up on Syndismiology would be healthfer and happie and more beautiful, so far as man is concerned, than it ever was since the Greeks went out of the statue making business. Furthermore, all this added beauty of form and strength of muscle and perfect health can be attained by every man. He can begin without any undue experse, without sacrificing his normal appeutes, and without drudgery of gymnastics. That is the claim of the inventor and prophet of syndismiology, and he brings forward

interesting arguments to support it.
His name is Edwin Checkley, at present a student in the Long Island Medical College. Mr. Checkley is 35 years old and was born in England. As he tells the story of his life, which shows how his attention was turned to the de-velopment of the human frame, he was sickly child and was made to believe, while still in his teens, that he could ot live to be even a middle-aged man. Something was the matter with his heart, his people said, and in other re-spects his physique was so fragile that he was not permitted to go to school for fear of undue and dangerous strain. The result was that he could not read or write until over 18.

During his boyhood he was trained in tumbling and became a public performer. This means of making a living was adopted for him by his people because they thought that it would be the only means of preserving his life. Young Checkley became quite an expert as a tumbler, but he did not like the protession, and most of all, he disliked the idea that he must keep at it in order to keep alive. He becam to in order to keep alive. He began to doubt that he was as fragile as had been supposed, and his thoughts were contantly turned upon his own physical condition, seeking to understand it and to discover remedies for inherent weak-

Eventually Checkley became a me-chanical engineer. He was then in this country, and in the source of his work mechanics it occurred to him that laws of leverage might throw some

light upon the development of muscle. This led him to make a careful study of the human frame, and gradually his ideas got into shape and formed a conideas got into shape and formed a con-sistent, intelligent theory, the truth of which he thinks he has demonstrated a good many times over. In a general way it may be said that it is based on the simplest movements of the body. Syndismiology means, according to the inventor, the science of muscular development. In his system the highest development possible to each man is to be attained by learning, first, to breathe correctly, so that the lungs may grow to their full capacity; second, by learning how to support the body in a stand-ing or sitting position, so that the abdominal muscles shall sustain the upper part, instead of allowing it to sink upon the pelvic bones; third, by learning how to walk, stoop, and go through all the ordinary movements with the greatest advantage to every set of muscles em-

These matters once learned, the system of development follows naturally in the ordinary exercise of the muscles in the course of usual daily activity. To give the muscles a start, however, Mr. Checkley puts his pupils through exercises which are no more than ex-aggerations of their ordinary movements, such as swinging the arms about from the shoulder, turning the head on its socket, swinging the legs, raising the shoulders up and down, steeping and recovering by back and abdominal muscles alone, the legs remaining unmoved, etc.

"It is a very astonishing thing," said Mr. Checkley, "that Nature does not teach men how to carry on their most ordinary functions in the best way. Nature does not teach us how to eat, Nature does not teach us how to eat, and we have to learn that. Now, I do not see why children should not be taught to breathe correctly as well as to at properly, and after that to stand, walk, stoop and move the hands properly, for there is a correct way to do all those things. Any other way is incorrect and injurious. Almost all men pursue the faulty methods in these simples walters of breathing standing. p'e matters of breathing, standing, walking and stooping. It is for that eason that they do not possess the max-imum of strength which their frames

naturally call for.
"Breathing should all be carried on by the costal muscles, and the action of the abdomen in breathing should be merely sympathetic and not the base of inspiration. The upper part of the lungs by this way of breathing is filled first, instead of the lower, as is the case with ordinary breathing. Most people, when they stand or sit, allow the body to sink down upon the pelvic bones, to the entire neglect of abdominal muscles. Now, with a little practice, one can make it second nature to support the upper part of the body entirely by the abdominal muscles. This is a matter which is of very great importance in maintaining general health and developing muscular power. There are other things, of course, to be done besides this, but, for securing general health and strength, these are essential at the

beginning.
The idea that to get strong or agile a person should have to start in by go-ing without eating certain foods and giving up what he likes the most, and to begin at once in lifting weights and doing hard straining feats, testing the powers of endurance at the start and giving the nervous system certain sudden shecks, as in practising the start in a race, and in other feats similar to that, as in boxing, wrestling, etc. before even learning how to breathe, stand, stoop, walk, or how to carry the body on the hips intelligently, is past

iny comprehension, and is doing great injury.

'In asking various persons to hold the two arms in a horizontal plane with the shoulders quickly and instantly I have not come across one in two who the shoulders quickly and instantly? have not come across one in twenty who could do it. They either got the arms above or below the proper line, and in fact in any position except the correct one. There probably isn't one person in fifty who can place the arms up straight above the head without giving a terrible curve inward, and, as far as understanding the movements of the

hip is concerned, it is similar to a dead baguage to most people.

"After general strength has been de veloped then is the proper time to be gin athletic training. Most men, therefore, begin at the wrong end by studying some special line of athletic work before they have brought their bodies into a condition that suits them for training. The result is that after they training. The result is that after they have learned to do special feats they cannot maintain their strength without constant practice, simply, because the body has not been prepared for unusual development. Now, I claim that no man needs to undertake special exercises to retain his strength. There is sufficient exercise in ordinary move-ments of the body during the day, no matter what a man's business keep him in perfect health. More over, if he has been developed according to my theories, he will find that his appetites are normal, that he will have no temptation to overeat or overdrink, because the stomach will not accept re than is needed.

'I have had pupits over forty years old who came to me with small chests and immense abdomens, and in the course of eight or ten weeks I have enabled them to dispose entirely of un-necessary fat and increase the chest measurement from two to four inches. All this is accomplished by the simplest actions in the world, beginning, as I have said, with breathing and carriage of the body, a proper method of walking, stooping and standing. There are certain movements to go through, but at no time is the pupil required to exercise with any mechanical contrivance, not even the dumbbell. These move-ments are simply exaggerations of the exercises of the body in ordinary business. It seems to me that a system of this kind should be introduced into schools, for I am certain that it would tend to make the children grow up stronger and healthier than they do now, and that, of course, would be an immeasureable addition to the comfort and prosperity of the whole race. Physical control of the comfort and prosperity of the whole race. sicions always recognize the soundness of my views whenever I bring the matter to their attention, and I hope some day to publish a treatise which may serve for a text-book for all who would be interested in making the most possi-ble out of their friends."

Editor Critic: As three out of the four cities presenting their claims as the place in which to celebrate the Quadri-Centennia must, according to present plans, lose the exhibition, why not compromise?

Give to Washington the function of celebrating the great event, and let it have, in the permanent buildings to be erected, the exposition of the products of Central and South America. Let Atlanta display the products of our Southern States; San Francisco, those of the Pacific Slope; one of two cities, those of the great Valley, and New York, those of the Eastern States. Let the United States Governmen

give to such fair liberal aid. In 1893 climinate from the Washington buildings those exhibits of the Southern Republics which are of a temporary charac ter, and place them (enlarging the building if necessary) with such selections of products of the four sections of our empire as would make one exhaustive display of the development we have already attained. Washington, January 30.

Are Red-Beaded Men Famous? Editor Critics I have a query to pro round to you, which was suggested to me in rather a peculiar manner this morning I was passing one of the public school about recess time, when I noticed a number of boys in angry dispute. A little redheaded fellow seemed to be the centre of contention, and judging from the frowning faces and elenched fists it looked as though the young juvenile was going to get a thumping. While I was contemplating the scene, a queer-looking individual, wearing eye-glasses and a slouched hat well back on his head, with a shawl around his shoulders-stepped up to the contending and, striking a Lawrence Barrett

attitude, exclaimed: Against that boy raise not your hand, For he may be a famous man, Of course, this was very ludicrous and laughable, Mr. Editor, but it flashed the thought into my mind whether there had ever been a famous red-headed man: don't mean an auburn or "sandy"-haired one, but red-"red to the rind," as you watermelon Arab advertises his fruit in the dog-days of August. If your mem ory can recall some really illustrious man who had red hair (I mean a world-famou msn), it might prove a consolation and afford a sense of satisfaction to many good people who have not achieved greatness

yet have cardinal top-knots. C. J. STACKPOLE. Washington, D. C., January 28.

DOES CURE

In its First Stages. Be sure you get the genuine.

CATARRH CATARRY COLDINHEAD Cleanses the HAYFEVER Allays pain and Restores the Senses of Taste Try the Cure. HAY-FEVER

A particle is applied into each nostril and is agreeable. Price, 50 cents, at Druggists: by mull, registered, 60 cents. ELY BROTHERS, 56 Warren st., New York.



LEMON ELIXIR.

Its Wonderful Effect on the Liver, much, Bowels, Kidnes and tilo od. Stomach, Howels, Kidnes and the od.
Dr. Mozicy's Lemon Elixir is a pleasant
Jemon drink that positively cures all
Billousness, Constipation, Indigestion,
Headache, Maiaria, Kidney Disease, Dizziness, Colds, Loss of Appetite, Fevers,
Chills, Elicthes, Pimples, Pain in Back,
Palpitation of Heart, and all other diseases
caused by disordered liver, stomach and
kidneys, the first great cause of all fatal
diseases. Fifty cents and one dollar per
hottle. Sold by druggists. Prepared only
by H. Mozley, M. D., Atlanta, Ga.

For coughs and colds, take Lemon Hot Drops.
For sore throat and bronchitis, take
Lemon Hot Drops.
For pneumonia and laryngetts, take
Lemon Hot Drops. For consumption and catarrh, take Lemon For consumption and lung diseases, take
For all throat and lung diseases, take
Lemon Hot Drops.
An elegant and reliable preparation.
Sold by druggists. 25 cents per bottle.
Prepared by H. Mozley, M. D., Atlanta, Ga.

Springman Bros.' Complaint. Springman Bros. do not think it very pleasant to be forced to get out of a warn bed and fight fire in a high wind at the dump grounds on Delaware avenue, be tween C and D streets southwest, and in a letter to the Commissioners they ask that something be done to prevent the starting of fires on the grounds, as it is daugerous to property. An order has been issued to arrest all parties starting fires on the

The Duty of Every Mother is to obtain a food which will insure life and health to her little one. Mellin's Food has been prepared to meet this demand, and forms the best substitute for mother's milk that has ever been produced. It contains all the elements which are needed for the growth and development of an infant.

Save Your Hair

BY a timely use of Ayer's Hair Vigor.
This preparation has no equal as a
dressing. It keeps the scalp clean, cool, and healthy, and preserves the color, fullness, and beauty of the hair.

"I was rapidly becoming bald and gray; but after using two or three bottles of Ayer's Hair Vigor my hair grew thick and glossy and the original color was restored."—Melvin Aldrich, Canaan Centre, N. H.

"Some time ago I lost all my hair in consequence of measles. After due waiting, no new growth appeared. I then used Ayer's Hair Vigor and my hair grew

Thick and Strong. It has apparently come to stay. The Vigor is evidently a great aid to nature."

— J. B. Williams, Floresville, Texas. "I have used Aver's Hair Vigor for the past four or five years and find it a most satisfactory dressing for the hair. It is all I could desire, being harmless, causing the hair to retain its natural color, and requiring but a small quantity to render the hair easy to arrange."— Mrs. M. A. Balley, 9 Charles street, Haverhill, Mass.

"I have been using Ayer's Hair Vigor for several years, and believe that it has caused my hair to retain its natural color."—Mrs. H. J. King, Dealer in Dry Goods, &c., Bishopville, Md.

Ayer's Hair Vigor, PREPARED BY

Dr. J. C. Ayer & Co., Lowell, Mass. Sold by Druggists and Perfumers.

LOST AND FOUND. LOST-A BLUE SRYE-TERRIER; AN-swers to the name of Paddle. \$5 reward paid for return of dog to 1443 Mass ave.

> WOODWARD & LOTHROP, Cor. 11th and F sts. porthwest.

HURSDAY, JAN. 30, 1890.

To-morrow, Friday, will be regular weekly remnant day and the last day before stock-taking, as we begin to take an account of everything in the store at 6 o'clock to-morrow night, We propose to make Friday a fitting climax to one of the most successful special sales we have ever inaugurated. In the face of Jaouary being the dullest month of the year (with the possible exception of August), and the unseasonable and unfavorable weather, we have been comparatively busy the entire month, True, we have offered the best bargains of our experience by making great price reductions, yet to day we have made greater, as we are determined to reduce the stock to the lowest possible point before to-morrow night.

The Dress Goods which we marked down from 50c to 40c, from 75c to 50c and from \$1 to 75c per yard would cost us more at whole sale to-day, yet they must go in order to make com for the new Spring Fabrica now on that

They Live in Tree Tops

The natives of New Guinea live in rectangular huts, which they build of the trunts of trees, hamboo, leaves and the of leaves and bast made of lianas. In the mountains, where rain is a frequent occurrence, the thick, high roofs of those huts reach almost to the ground, making them much more clumsy in appearance than those situated nearer the warmer coast.

But the most astonishing peculiarity those situated nearer the warmer coast.

But the most astonishing peculiarity which strikes the explorer in the neighborhood of Finchhaven is tont of the "tree-houses." which, however, are not used for inbitations in the ordinary sesse of the word, but serve as fortresses and places of retreat in case of war. It is scarcely safe to visit these "castles in the tree-tops," for the weak, sky-light rope-ladders, made of the best of liamas would scarcely inspire any one with confidence enough for the undertaking.

In some parts along the coast the luts

dertaking.

In some parts along the coast the luts are built on posts, which is not done to make them easily defensible, but to protect them from the daugers of flood. Toward the buland, away from the Astrolabe Bay, these houses are unknown, and the villages are built upon high ridges of mountains, which are almost loaccessible and easily protected against enemies. The water which they use has to be carried from long distances by the woman, who occupy the place of slaves.—St. Louis Post-Dispatch.

CITY SPECIALS.

Buy Your Merchandise at Home. Buy Your Merchandise at Home. There is no good or instifiable reason why any one residing in this city should go to New York to make their purchases. If you need anything in the furniture line, uphalstery, decerations, &c. go direct to Houghton & Co's representative establishment, at 1218 and 1220 F street northwest, and there you will find exactly the same class of goods that will be shown you in New York and at the same prices, and thereby save time, money and vexation of spirit, and at the same time assisting to build up one of the hand somest cities in the world.

Rudden's Representative Installment House.
This reliable installment establishment, a 30 and 932 Seventh street, has a complete stock of all kinds of merchandise that is re-quired to furnish a well-regulated household at eash prices on the installment plan, and distate your own terms.

For Washington Dressed Beef go to John R. Kelly, stalls 628, 629 and 640 Cen-tre Market, and 206 and 208 Northern Liberty. Corned beef a specialty.

WANTED_HELP.

Advertisements under this head, four lines or ess, 25 cents for one insertion; 50 cents for three. WANTED-WHITE GIRL- ONE WHO IS reliable, good home for a good girl small house and small family. Call after 5 pm, 1206 M st n w.

WANTED-BY A GOOD COLORED LAUN dress, washing and froning to do at home: references given. Apply 1819 N II av WANTED—A WHITE GIRL FOR GEN-eral bousework in a small family, man, wife and boy 8 years old; German pre-ferred; to the right party a pleasant home and good wages assured. Apply at No. 1003 O st n w. WANTED-ONE GOOD MECHANICAL draughtsman and two first-class machinists. CUTTER SAW CO., this office.

WANTED—A WHITE COACHMAN WHO understands all about horses and can give good references. Address S. H., care of this office, giving name and wages wanted. A GENTS WANTED - NEW AND WONderful Book in both English and Germun. Recent Explorations and Adventures
of Stanley in the Wilds of Africa. Thrilling
accounts of his Journey across the Dark Continent. Over 200 fine engravings. A bonnaza
for agents. Send 50 cts for outfit. Circulars
free BORLAND & CO., 101 State st., Chicago, III.

A GENTS WANTED - THE DENVER State Lottery Company want agents. Tickets 50 ets. Address A. C. ROSS & Co., Denver, Col. A N ABLE ADVERTISING, INSURANCE, Safe, Lightning-rod- or Book Agent, or heporter, of great savoir faire, for literary work, Large salary, Write London & Hart-ford Pub. Co., N. Y.

ONE EXPERIENCED SOLICITOR ON high class subscription books, one who has an acquaintance among Washington canvassers, to take exclusive control of the sale of "A Library of American Literature" in Washington. This is one of the most salable works now on the market. Nine of its eleven large octave volumes are now out. This is a grand opportunity for a first-class man and we are prepared to make such a one a very liberal offer. CHAS. L. WEB-STER & CO., 3 East 14th st., N. Y. city.

WANTED_SITUATIONS.

Advertisements under this head, four lines or less, 25 cents for one insertion; 50 cents for three. with other work; 50 cents a day. E. E. R., this office.

WANTED-BY A COLORED WOMAN, A place to do cooking and general housework; references furnished. Address FANNY ALEXANDER, 1025 12th st n w. WANTED-BY A RESPECTABLE COL-do light housework. No washing or ironing, 1604 10th st n w.

WANTED—BY A LADY OF EXPERI-References exchanged. Address Miss A., care postmaster Purcellville, Loudoun County, Va. WANTED-BY COMPETENT TEACHER of music and German, position of visit-ing governess, or private pupils. Apply 1118 10th st n w.

WANTED .- HOUSES.

WANTED-TO FURCHASE A GOOD on monthly payments. Address, with full particulars, J. J. F., Board of Review, Bureau of Pensions. WANTED-A FURNISHED HOUSE AT nominal rent or furnished rooms for light housekeeping by man and wife; no chil-dren Address 2402 14th st n w

WANTED-TO RENT-A GOOD BRICK dwelling of 9 or 10 rooms, mod imps, between K and R and 19th and 17th sts n w. Address H., this office, stating terms.

WANTED_ROOMS.

W ANTED-A GENTLEMAN AND WIFE desire to rent one large or two communicating yell-furnished rooms with board; for permanent occupancy; in northwest part of city, within twenty minutes' walk of Treasury building. Address, giving location and terms, which must be reasonable, PERMANENT, 711 14th st.

WANTED-MISCELLANEOUS. Advertisements under this head, four lines or less, 25 cents for one insertion; to cents for three. WANTED-OLD GOLD AND SILVER.

Jeweler, 605 That n w.opposite U. S. Patent
Office; fine clock and watch repairing a
specials.

\$300 TO \$500 WANTED FROM 6 TO 12 months; satisfactory reference given that the loaner will receive double the around louned. Address H. R., this office. A GENTLEMAN WOULD LIKE TO RENT the use of a plane of organ for a short time to practice an hour each evening; in-strument not to be removed. Address A., care this office.

W ANTED-TO BUY FOR CASH, LARGE or small lots of high value Newspaper, Department or other rare Stamps; also collections of Postage Stamps. Call or address BURGER & CO., 59 Nassau st, New York. FOR SALE-MISCELLANEOUS.

Advertisements under this head, four lines or ess, 25 cents for one insertion; 50 cents for three. FOR SALE-CHEAP-FINE COUNTER and shelving, now in No. 712 7th st n w; must be sold at once. Apply 622 I stn w. FOR SALE-A CHOICE LOT OF FINE Christmas trees and evergreens just received from the Sugar Island Nursery. Evergreens sold by the yard, Call at H. T. REH'S, No. 830 12th st n w.

FOR SALE-EIGHT HORSES FROM PAU-quier, Va.; among them one pair well-matched bay mares, 6 yeals old; one stallion, Tom Lightfoot; goes all gaits; several fine single drivers, and two cheap horses. Apply at private stable, rear 1012 14th at n w.

FOR SALE—875—SPECIAL STAR, 51-INCH, silent rachet, 4 nickel, absolutely per fect condition. Address or apply 223 A st s c. L'OR BALE-BLODGETT ESTATE. An heir owning one-sixteenth of the above satate is desirous of disposing of their interest for cash. Other interests can be purchased if desired. Address WEST, office of this

FOR SALE-TO SHARES OF THE "JUD and Pheumatic Railway Stock," Please address A, at this office, and make a cash offer. FOR SALE - 6 PER CENT. BONDS OF good corporation at 5 per cent. J. ED-WAND MOHLER, 1933 E Balto et, Baltimore.

BRIGGS'

SICK HEADACHE Nervous, Bilious or Congestive Forms. TESTIMONIAL.

L. R. BROWN, M. D.,

23 West Jersey st., ELIZABETH, N. J., June 23, 1880, This is to certify that I have used for some months with much satisfaction, the combination of remedies, for Headache, known as Briggs' Headache Troches. The remedy cures more headaches, especially such as af-fect Nervous Women, than anything I am consinted with, and it this certificate will attention of sufferers from that trouble, I shall feel that I have done them a service L. R. BROWN

PRICE, 25 CENTS. Sold by all Druggists or sent by Mail on Receipt of Price.

BRIGGS' MEDICINE CO., ELIZABETH, N. J.

FOR SALE_HOUSES. Advertisements under this head, four lines or less, 25 cents for one Insertion; 30 cents for three, FOR SALE—IN ALEXANDRIA, 6 ROOM yard; lot 16x115; snug home; price, \$900. Apply to ROBERT J. THOMAS, Room No. 2, 613 15th st.

FOR SALE—I HAVE JUST COMPLETED building 1815 14th st n w, and offer it for sale at a fair price and on very easy terms. It contains a first-class store and cellar, 22 by 72 feet, with a dwelling above consisting of 9 rooms, bath and pantry: closets in all available places; store and dwelling can be used to communicate or entirely separate; all modern conveniences. For price and terms apply to GEO. W. COCHRAN, 1115 Pa are:

FOR SALE—NEW CORNER HOUSE; monthly payments; 8 rooms, bath, cellar, modern improvements; near Printing, Pension and Capitol buildings, 28 st n e, \$4,500. Also dwelling, \$3,700. OWNER, 513

FOR SALE—FRAME HOUSE 906 IN 25-foot alley, bet 9th and 10th and G and H sts s w; 7 rooms: hall on both floors; closets fronting the Potomac; 15 per cent invest-ment; lot 344 feet front by 624 deep, 49 feet from 9th st. Apply within. POR SALE—THREE OF THE CHEAPEST houses in Washington, 106, 108 and 110 lith stn e; two-story and basement, brownstone trimmings; 7 rooms and bath; electric bells and gas; price, \$3,500 each, \$500 cash balance to suit or trade for good lots.

FOR SALE-OR RENT-BEAUTIFUL COR-P ner bouse: 7 rooms; handsomely pa-pered; 1000 North Carolina avo. Worth \$5, 500. Will sell at a sacrifice or rent low. OWNER, Room 20, 810 F st n w.

FOR RENT_HOUSES. COR RENT-UNFURNISHED-

17(1 R I ave n w, 17 rs. 16(1) Conn ave, 15 rs. 14(1) Wass ave, 17 rs and stable. 14(1) K st n w, 13 rs. Mass ave, nr 18th, 17 rs. 16(0) 16th st n w, 11 rs. 1228 M st n w, 15 rs. 14(9) Mass ave, 15 rs. 1409 Mass avc, 15 rs.
1277 Q st n w, 11 rs.
1400 Chapin st n w, 13 rs.
1240 Chapin st n w, 13 rs.
1242 P st n w, 12 rs.
1242 Chapin st n w, 19 rs.
1242 St st n w, 10 rs.
1243 St st n w, 10 rs.
1250 21st st n w, 8 rs.
1250 21st st n w, 8 rs.
1258 11th st 2 w, 10 rs.
1250 Coroon st n w, 9 rs.
1250 25 st n w, 10 rs. 30/3 A St II w, and store, 0 rs. 1429 N J ave s e, 10 rs. 1429 Stoughton st, 8 rs. 1429 S st II w, 6 rs. 1429 S st II w, 6 rs. 1429 S st II w, 10 rs. 1422 S B B W 10 rs. 1431 Pierce Pince n w, 6 rs. 202 Ist st s w, 6 rs. 218 Ist st s w, 6 rs. 210 Ist st s w, 7 rs.

The above houses can be examined by permit from our office only.

THOMAS J. FISHER & CO.,
1324 F st. n. w.

OR RENT-| 1017 15th st n w, 12 rs, fur | \$150 00 |
| 1202 N st n w, 12 rs, fur | 150 60 |
| 1004 H st n w, 10 rs, fur | 100 00 |
| 1227 N st n w, 18 rs | 60 00 |
| 1227 N st n w, 18 rs | 45 00 |
| 124 1 st st n w, 10 rs | 40 00 |
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| 125 2 1 st n w, 10 FOR RENT—THE CABIN AND LODGE: 7 rooms; partly furnished; Meridian Hill west side 16th st extended, just above the Boundary; three blocks from herdics and cars; for small family; \$12. Apply on premium.

FOR RENT-TWO BRAND NEW SIX-from frame houses, high and dry loca-tion; near churches and public school in Uniontown. Inquire of A. BEHREND, 438 H 51 CSTSE, FORRENT-A 7-ROOM BRICK house, with mod. imp., and coal vault under the pavement: convenient to the Capitol; \$25 per month. FOR RENT-TWO SIX-ROOM BRICK honses, \$10 and \$104 B at n w, with hot and cold water; cellar and bath; all in good condition. Inquire at \$28 3d at n w.

FOR SALE AND RENT.

REAL ESTATE BULLETIN THOMAS. E. WAGGAMAN, 917 F street.

Changes made Wednesdays and Saturdays. 114 and 1116 6th st s w, b h, 7 rs, and 1 f h rear.
406 and 408 11th st s w, f h, 9 rs.
230 134 st s w, b h, m l, 8 rs.
1123 20th st n w, f h, 6 rs, and 2 houses rear, 4 rs each.
267 and 509 Va ave and 306 5th st s c.
216 to 222 13th st and Ky ave, bet S C ave and B st s e, f h.
405 to 411 Baar's alley n w, bih, 4 rs.
423 N st n w, f h, 6 rs, and 2 houses rear
1328 V st n w, b h, 6 rs.
321 to 323 D st s e, f h, 6 rs.
322 9th st s c, b h, 6 rs.
323 25th st s c, b h, 6 rs.
323 Sth st n w, b h, 0 rs.
47 L st n w, b h, m l, 6 rs.
48 Sth st n w, b h, b rs.
48 UNIMPROVED PROPERTY FOR SAI

UNIMPROVED PROPERTY FOR SALE.
 Mount Pleasant and Pleasant Plains
 \$4,000

 Cor Va ave and \$4th st
 n
 2,700

 18th st
 het B
 1,800

 A at, bet 14th and 18th sts
 1,300

 18th st
 bet E
 1,900

 19th st
 1,900
 st st, bet O and P sts s w....

HOUSES FOR RENT. 707 B Cap st, 9rs.
422 C st n w, 10frs.
Upper part 1408 P st n w, 7 rs.
631 H st n w, 9 rs.
13012 E st n w, 9 rs.
13012 S c st n e, 7 rs.
1302 C st n e, 7 rs.
1303 6 th st n w, 8 rs.
1536 8th st n w, 8 rs.
1536 8th st n w, 6 rs.
1537 Johnson avenue n w, 5 rs.

Myrtie stre, 7 rs.
5 Md ave s w, 6 rs.
and 319 10th st n e, 5 rs.
F st s w, 4 rs.
5 th st n e, 4 rs.
01 st aw, 5 rs.
ackson alley n w, 3 ts.
REAL ESTATE INVESTMENT.

Eate as U. S. bonds; 5 and 6 per cent., payable juncterly; in sums \$100 to \$1,000; small pro-nium charged. mium charged.

I.O.A.N.S.

In sums to suit at 6 per cent.

The above is only a nortion of the property on my books. For full list call at office for bulletin, issued on the 1st and 19th.

All Carpets Made and Laid Furniture and Free of Charge. Carpets On Credit Cash prices

Easy Weekly and Monthly Payments Taken LOOK AT OUR PRICE-LIST.

Bedroom Sets in Poplar from \$15 up. | Ingrain Carpets from 25c. up. Bedroom Sets in Oak or Cherry from | \$25. Bedroom Sets in Walnut from \$40. Parlor Suits in Hair Cloth or Plush.

Extra Super Ingrain from 50c.

RALLROADA

The Great Pennsylvania Route

To the North, West, and Southwest,

Double Track. Splendid Scenery. Steel Rails. Magnificent Equipment.

In Errect January 1st, 1830. Trains leave Washington, from station, cor-per of Sixth and B streets, as follows:—

per of Sixth and B streets, as follows:—
For Pirrental and the West, Caleago
Limited Express of Pullman Vestibuled Cars
at 10.00 a m daily: Fast Line, 10.50 a m daily to
Chelmanti and St. Louis, with sleeping Cars
from Fittsburg to Cincimnati, and Sleeping
Cars Harrisburg to Indisnapelis; daily, excopt Saturday, to Chicago, with Sleeping Car
Altoona to Chicago, St. Louis, Chicago and
Chelmanti Express, 5.30 p m daily, Parior
Car Washington to Harrisburg, and Sleeping
Cars Harrisburg to St. Louis, Chicago and
Chelmanti, and Dining Car Harrisburg to St.
Louis, Western Express, at 7.40 p m daily,
with Sleeping Cars Washington to Chicago
and St. Louis, connecting daily at Harrisburg with through Sleepers for Louisville
and Memphis. Paolific Express, 10.00 p m
daily, for Fittsburg and the West, with
through Sleeper to Pittsburg, and Fittsburg
to Chicago.

BALTIMORE AND FOTOMAC RAILROAD.
FOR KANE, Canandalyma, Rechester and
Ningara Falls daily, except Sunday, 8.0 a m.
For Erie, Canandalyma and Rochester
daily; for Buffalo and Ningara daily, except
Saturday, 10.06 p.m., with Sleeping Car Washington to Rochester.
For Williamsport, Lock Haven and Elmira, at 10.50 a m daily, except Sunday.
For Williamsport daily, \$3.00 pm.
For Philadelphy and 11.40 a m, 21.0, 32.0, 4.10,
10.00 and 11.40 a m, 21.0, 32.0, 4.10,
10.00 and 11.40 p.m. On Sunday, 9.00, 11.40 a
m, 21.0, 3.20, 4.10, 10.00 and 11.30 p.m. Limited
Express of Pullman Parlor Cars, 9.40 a m
daily, except Sunday, and 4 p m daily, with
Dining Car.
For Beston, Without change, 3.20 p m every
day.
For Beston, N. Y. all through trains
For Besorkinn, N. Y. all through trains

For Boston, without change, 3.20 p m every day.

For Brooklyn, N. Y. all through trains connect at Jersey City with boats of Brooklyn Annex, affording direct transfer to Fulton street, avoiding double ferriage across New York city.

For Atlantic City, 11.40 a m week days, 11.20 p m daily.

For Rathmore, 6.35, 7.20, 8.10, 9.00, 9.40, 10.50, 11.60 and 11.40 a m, 12.05, 2.10, 3.20, 3.30, 4.00, 4.10, 4.20, 4.40, 6.00, 7.40, 8.10, 10.00 and 11.20 p. m. On Sunday, 9.00, 9.05, 10.50, 11.40 a.m., 21.0, 3.20, 3.30, 4.00, 4.10, 6.05, 7.40, 8.10, 10.00 and 11.20 p. m.

For Port's Cherk Line, 7.30 a m and 4.40 p. m daily, except Sunday.

For Port's Cherk Line, 7.30 a m and 4.40 p. m daily, except Sunday.

For Port's Cherk Line, 7.30 a m and 4.40 p. m daily, except Sunday.

Sundays, 3.05 a m, 4.10 p.m.

ALEXANDRIA AND FREDERICKSBURG RAILWAY, AND ALEXANDRIA AND WASHINGTON RAILWAY.

IN EFFECT NOVEMBER 18, 1889.

FOR ALEXANDRIA, 4.30, 6.35, 7.45, 8.40, 0.45, 10.57 a m, 12.04 noon, 2.03, 4.15, 4.05, 4.55, 5.01, 8.02, 10.05 nnd 11.37 p m. On Sunday at 4.30, 7.45, 9.45, 10.57 a m, 2.20, 4.13, 6.01, 8.02 and 10.05 p m.

Baltimore & Ohio Railroad.

Schedule in effect Dec. 20, 1850.
Leave Washington from Station corner of New Jersey avenue and C street.
For Cricago and Northwest, Vestibuled Limited express daily 11:20 a.m. express 9:30

p.m.
For Cincinnati, St. Louis and Indianapolis, express daily, 3:19 and 11:30 p.m.
For Prythuno and Cleveland, Vestibuled Limited express daily 11:30 a m and express 8:30 p.m.
For Lexington and Local Stations, +10:30

FOR WINCHESTER and Way Stations, †5.30

FOR WINCHESTER and Way Stations, 45.30 p.m.
FOR LURAY, 8:40 p.m.
FOR BALTIMORE, week days, 4.00, 5.00, 6.40, 7.20, 8.30, 9.20, 9.45 (11.00, 12.00, 45 minutes), a.m., 12.10, 2.00, 2.30 (45 minutes), 3.15 (45-minutes), 3.25, 4.25, 4.30, 4.35, 5.30, 6.20, 7.10, 7.45, 9.00, 10.30 and 11.30 p.m. Sundays, 4.00, 7.20, 8.30, 9.20, 9.45 a.m., 12.00 (45 minutes), 1.15, 2.00, 2.90 (45-minutes), 3.25, 4.25, 4.35, 6.30, 7.10, 7.44, 9.00, 10.30 and 11.30 p.m.
FOR WAY STATIONS between Washington and Baltimore, 5.00, 6.40, 5.30, a.m., 12.10, 3.25, 4.35, 6.30, 11.30 p.m. Sundays, 5.30 a.m., 1.15, 3.25, 4.35, 6.30, 1.30 p.m.
Thains leave Baltimore for Washington, week days, 5.10, 6.20, 6.30, 7.20, 7.45, 8.00, 8.30, 9.15 and 10.15 a.m.; 12.00, 12.15, 1.50, 2.10, 3.00, 4.10, 4.15, 5.00, 6.00, 6.20, 7.10, 7.30, 8.30, 8.35, 10.20, 10.25 and 11 p.m. Sundays 6.30, 7.45, 8.30, 6.15, 10.15 a.m.; 12.00, 12.50, 1.50, 2.10, 4.15, 5.00, 6.20, 7.10, 7.30, 8.30, 8.35, 10.20, 10.25 and 11 p.m. Sundays 6.30, 7.45, 8.30, 4.15, 10.05, 7.10, 7.30, 8.30, 8.35, 10.20, 10.25 and 11.05 p.m.
FOR ANNAPOLUS, 6.40 p.m., 19.10, 4.25 p.m.
FOR ANNAPOLUS, 6.40 p.m., 19.10, 4.25 p.m.

FOR HAGERSTOWN, 711.20 a. m. and 45.30 p. m.
TRAINS arrive from Chicago daily 11.45 a m and 4.05 p.m; from Chicago daily 11.45 a m and 4.05 p.m; from Chicago daily 11.45 a m and 4.05 p.m; from Pittsburg 7.10 a m, 0.30 p.m and 1.50 p.m; from Pittsburg 7.10 a m, 0.30 p.m daily.
NEW YORK AND PHILADELPHIA DIVEW YORK AND PHILADELPHIA DIVEW YORK AND PHILADELPHIA DIVERSION, Newark and Elizabeth, N. J., *4.00, 48.00, *9.30, *12.00 a m, *2.30, *4.20 and *10.30 p.m. Newark and 10.30 p.m., popen at 9.00 p.m.
FOR PHILADELPHIA, Newark, Wilmington and Chester, *4.00, *8.00, *9.20, *12.00 a m, *2.30, *4.20, *7.10 and *10.30 p.m.
FOR INTERSEDIATE FORTS between Baltimore and Philadelphia, †5.00 and \$7.30 a m, *12.00, *3.15 p.m.
TRAINS LEAVE New York for Washington, *8.30, †11.00 a m, *2.00, *3.20, *5.00 p.m and *12.15 night.
TRAINS LEAVE Philadelphia for Washington, *4.40, *8.15, *11.10 a m, *1.35, *4.40, *0.05, *7.40 p.m.
FOR ATLANTIC CITY, *4.00 a m and *12.00 m.

p m.

For Atlantic City, *4.00 a m and *12.00 m.

Sundays, 4.00 a m and 12.00 noon.

†Except Sunday *Dally. \$Sunday only.

Baggage called for and checked from hotels and residences by Union Transfer Co. on orders left at ticket offices, \$610 and 1831 Pa.

Chesapeake and Ohio Route.

Schedule in effect May 12, 1889.

Trains leave Union Depot, Sixth and B streets, 10.57 a m for Newport News, Old Point Comfort and Norfolk, daily. Arrive in Old Point at 6.95 p m, and Norfolk at 6.35

p m. 11:24 a m—Cincinnati Express, daily, for stations in Virginia, West Virginia, Kentucky and Cincinnati. Vestibule Sleepers through without change to Cincinnati, arriving at 7.35

without change to charter as a mean of the second of the s

COMMISSIONERS OF DEEDS.

MEDICAL.

FOR MEN ONLY

CHAS. O. SCULL, Gen. Pass, Ag't.

J. T. ODELL, Gen. Manager.

BALTIMORE AND POTOMAC RAILROAD.

Brussels Carpet from 75c. GROGAN'S, 739 and 741 7th St. N. W.

Gas Stoves for Cooking!

Gas Bollers at \$1.15 and \$1.50 for instantly making Tea or Coffee.

GAS COOKERS

For large and small families. Just the stove for summer use, as you extinguish a the instant the cooking is done. For sale by the

WASHINGTON GASLIGHT COMPANY,

413 Tenth Street N. W

FOR RENT_BOOMS.

Advertisements under this head, four lines or less, 25 cents for one insertion; 50 cents for three. FOR RENT-ON 2D FLOOR, NICELY FUR-1 nished front room; new bay window brick house; terms moderate. Call after 4:30 p m, 1206 M st n w.

HANDSOME FURNISHED ROOMS, EN suite or single, at the Buckingham, 920 15th st n w. overlooking McPherson Square. Choice table. FOR RENT-TWO FURNISHED ROOMS, suitable for gentlemen. No. 908 M st n w.

202 ARTHUR PLACE, NW, FIRST HOUSE themen; rent low to responsible parties who will be permanent; convenient to the Capitol. FOR RENT-TO GENTLEMEN ONLY; T two handsome rooms; on Connecticut avenue, between M and K streets. Address A. B. C., mail carrier No. 17. FOR RENT-TWO OR THREE SUNNY rooms, suitable for light housekeeping; references required. Call after 2 o'clock, 420 5th st n c.

FOR RENT-908 K ST N W, ONE HAND-somely furnished second-story front room; northern and southern exposure; pri-vate family.

FOR RENT-AT 1012 14TH ST N W, LARGE furnished rooms, en suite or single; grate free if desired, with board. Also stable for FOR RENT_MISCELLANEOUS. THE FINE OYSTER SLOOP AND YACHT, change for other property at Bennett's ship-yard, foot of lith st s w.

FOR RENT-VERY DESIRABLE OFFICE rooms, with steam heat, for rent in the Builders' Exchange building, 143 G st n w. Apply on the premises to the SUPERINTENDENT. PERSONAL. Advertisements under this head, four lines or less, 25 cents for one insertions: 50 cents for three. DANJO THOROUGHLY TAUGHT-12 COMquarter, \$6. McCaULEY & MOORE, 1745 F st, 717 21st st.

Now is the time. WE WILL PAY "big money" for gents' first-class second-hand clothing. Address or call at JUSTH'S OLD STAND, 610 D st. m w. FOR SALE_LOTS.

POR SALE-LOTS IN FAIRVIEW HEIGHTS on Tennallytown Road and Woodley Lane, opposite Oak View. Electric rallway tracks now laid to these lots, which have sidewalks in front and gas mains. Priosi lower than asked for other lots in immediate vicinity. Small cash payments. Monthly or yearly time given at 5 per cent. interest. BEALL, BROWN & CO., 1321 F st.

THE BERLITZ SCHOOL OF LANGUAGES, 733 14th st. n. w. 810 a term. Trial lessons free. Send for circular.
Branches in New York, Boston, Brooklyn, Chicago, Philadelphia, Louisville, Paris, France; Berlin and Dresden, Germany.

EDUCATIONAL.

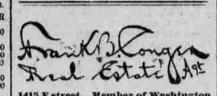
THE NORWOOD INSTITUTE. Extract from a private letter:

"In reply to your request for my advice as to a good school for your daughter, I can with confidence recommend Mr. and Mrs. Cabell's Norwood Institute, in Washington, D. C. The standard of scholarship there is high, the instruction thorough and the influences good.

Justice U. S. Supreme Court."

The school opens Sept. 30.

an 3-destf



Stock Exchange. All local stocks and securities bought and sold.

Grand, Upright and Square PIANO-FORTES

Special attention of purchasers is invited to "NEW ARTISTIC STYLES,"
Finished in designs of
"HIGHEST DECORATIVE ART."
—PIANOS FOR RENT.— Second-hand Planes at All Prices,

WM. KNABE & Co., 817 Market Space. EDWARD F. DROOP

925 Pennsylvania Avenue,

Calls attention to his large stock of

CHASE, GABLER, WHRELOCK, BRIGGS BEHNING and other Planos. The Wonderful Self-Playing Æellan Organ

STORY & CLARK, CLOUGH & WARREN ORGANS. Sold on installments, exchanged, rented tuned, moved and stored. Violins, Banjos and Guitars. Strings a spe-cialty. Sheet music and musical merchandise at the old stand, 25 Pa. ave.

A Dissertation on American Wines,

7.45. 9 45. 10 57 a m, 2.30, 4.15, 6.01, 8.02 and 10.05 p m.

ACCOMMODATION FOR QUANTICO, 7.45 a m and 4.55 p m week days. 7.45 a m Sundays.

FOR PROMOSON and the South, 4.30, 10.57 a m daily, and 4.15 p m daily. Accommodation, 4.35 p m week days.

TRIANS leave Alexandria for Washington, 6.05, 70 5, 8.00, 9.10, 10.15, 11.07 a m; 1.20, 3.00, 5.10, 6.10, 7.05, 9.20, 10.32, 10.42 and 11.03 p m. Ch Sunday at 9.10 and 11.07 a m; 2.00, 5.10, 6 10, 7.05, 9.20, 10 32 and 10.47 p m.

Tickets and information at the office, northeast corner of 12th street and Pennsylvania avenue, and at the station, where orders can be left for the checking of baggage to destination from hotels and residences.

CHAS. E. PUGH, J. R. WOOD, General Manager, Gen. Pass Agent.

Baltimore & Ohio Bailboard. It is now universally conceded by even the most fanatical tectotalers that a glass of thoroughly matured and pure wine is the most wholesome, health and strength giving beverage for mankind. Almost every State—no matter how cold its climate—produces grapes from which wine is pressed, but THE PASADENA WINES are made from those inscious SOUTHERN CALIFORNIA grapes which attain the highest grade of maturity and ripeness and are therefore the best wines in the market. in the market.

H. A. SELIGSON,

1200 and 1202 Penna. Ave. N. W.

am the sole agent for the Pasadena Wines and Brandles and sell at marvelously low prices. I have received orders from rich and poor alike and all cheerfully noknowledge that the Pasadena Wines and Brandles are by far the best and purest in the District, notwithstanding the fact that my prices are the very lowest.

My 20 per cent. removal discount will be indefinitely continued.

WASHINGTON, D. C.

that the Pasadena Wines and Brandles are by far the best and parest in the District, notwithstanding the fact that my prices are the very lowest.

My 20 per cent. removal discount will be indefinitely continued.

Please compare my prices with those of others.

Original Reduced Prices Prices

PASADENA WINES. Per Gal. Per Gal. Per Gal. Claret, extra quality. \$1 00 \$1 20 \$10.00 pm.

Claret, extra quality. \$1 00 \$1 20 \$10.00 pm.

Muscatel 150 120 Muscatel 150 120 \$1.00 pm.

Sherry (Golden or Pale) 1 50 1 20 \$1.00 pm.

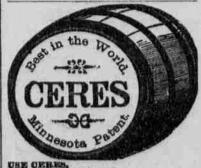
Sherry (Golden or Pale) 1 50 1 20 \$1.00 pm.

For Farmons on the Metropolitan Branch, \$7.00 pm. \$10.00 pm. \$ Champagne, quarts, doz... 12 00 Champagne, pints, 2 doz... 13 00 VIRGINIAAND HOTER AMERICAN WINES Virginia Claret...... \$1 00 Norton's Virginia Scidling, per dozen..... 4 00 Sweet Catawba (finest quality) 90 80
I carry the largest stock of Imported Wines, Cognaes, Gins, Jamaics and St. Croix Rums and all the French Cordials, including the celebrated after-dinner cordial, CREME DE MENTHE (Cream of Mint), green or orange.

The oldest tye, Bourbon and Imported Whiskies can always be found at my store I enumerate a few: In Demijohns o Bottles very low.

I make a specialty of high-flavored Cook-ng and Jelly Wines and Brandles. H. A. SELIGSON, THE WINE AND LIQUOR MERCHANT,

> 1200-1202 Pa. ave. N. W. TELEPHONE CALL-112-8.



USE CERES, ING, STEELING, STEELING, GILT EDGE OF GOLDEN HILL -FLOUR-

And you will always have beautiful Bread. Rolls and Biscuits. Wholesale Depot, cor-per First street and Indiana avenue. WM. M. GALT & CO.

OFFICES—1200 F st. n. w., 1515 7th st. n. w., 1112 9th st. n. w., 3d and K sts. n. w., 1740 Fa. ave. n. w. and 101 M st. n. e. Johnson Bros.

DEALERS IN COAL, COKE AND WOOD, 2 WASHINGTON, D. C.
MAIN OFFICE—1202 F st. n. w.
Office, Wharves and Railroad Yards—Foot of 19th st. s. w.
Sole Agents for sale of Washington Gas Co.'s octs, Coke,

A POSITIVE For LOST or FAILING MANHOOD:
General and NERVOUS DEBILITY;
CURE Weakness of Body and Minist Effects
Hobust, Mohe MANHOOD thill Received. How to Violarce and
terometron Weakly Burning Order of Received to the Violarce and
terometron Weakly Burning Order of Pairty of Body.
Hen testify from 47 States, Verriseries, and Foreign Countries,
You can write them. Mooft, full coplanation, and proofs main
[sealed] free. Address ERIE MEDICAL CC., BUFFALO, N. V. CANTAL-MIDY

G. H. IN TRAHAM,
Amsterdam, N. Y.
Amsterdam, N. Y.
We have sold lig G for
many years, and it has
given the best of satisfaction.
D. H. DYCHE & CO.
Chicago, Il

nark \$3.00. Sold by Druggiste my 24 89,19 PENNYROYAL PILLS.